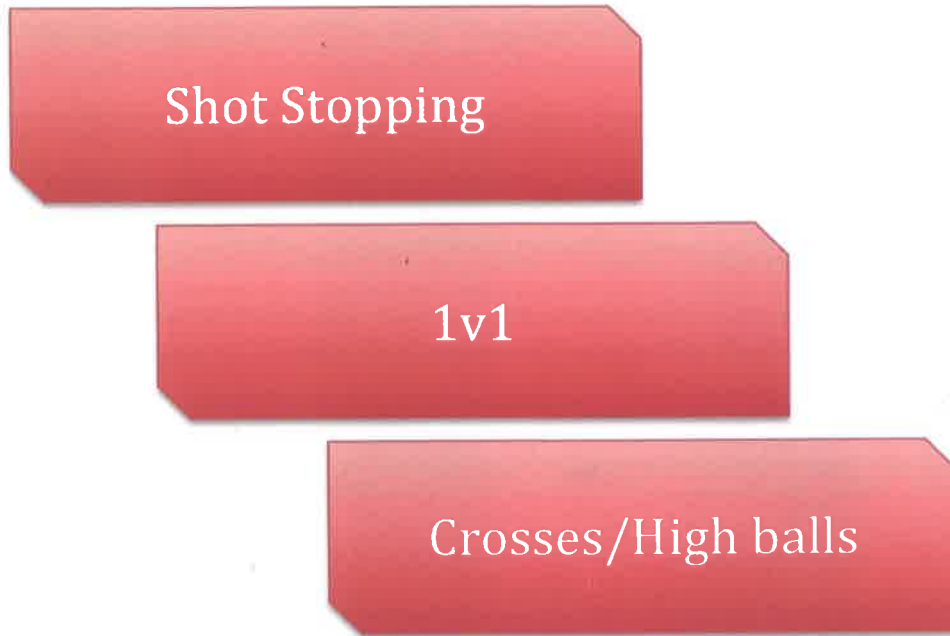
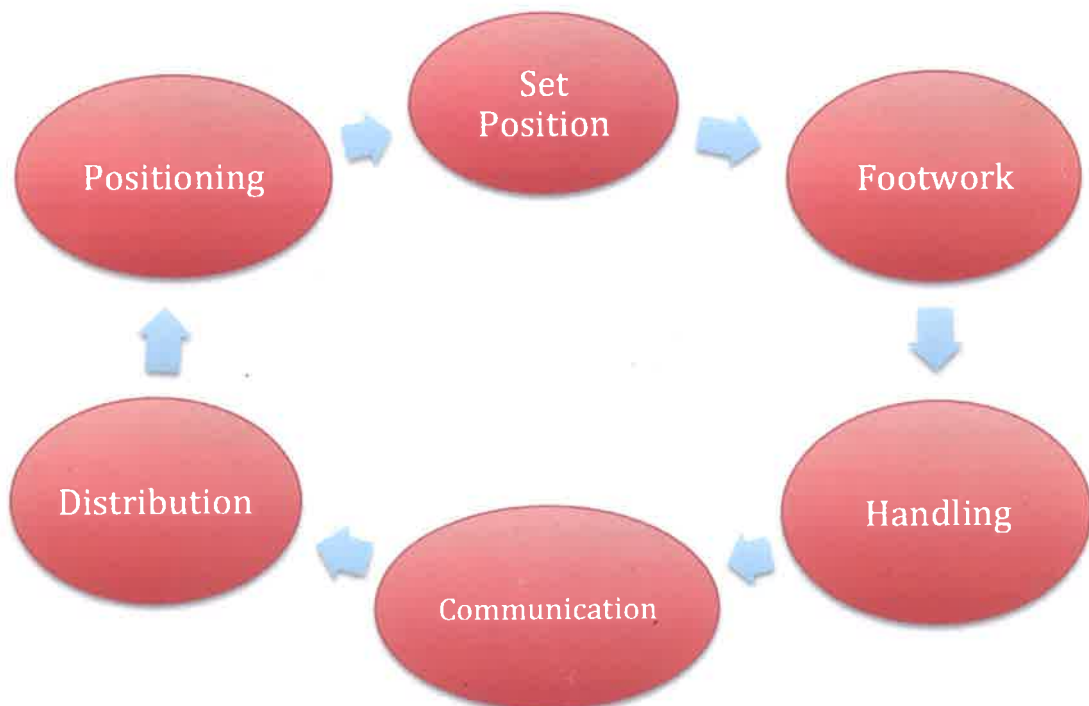


# GOALKEEPING PROGRAMME

## *Session Topics*



## *Sub Topics*



# GOALKEEPING PROGRAMME

## MACRO CYCLE

Dealing with crosses	Shot stopping	1 v 1
<b>Distribution</b> From Feet From Hands	<b>Distribution</b> From Feet From Hands	<b>Distribution</b> From Feet From Hands
<b>In possession</b> Playing out from the back Counter attack	<b>In possession</b> Playing out from the back Counter attack	<b>In possession</b> Playing out from the back Counter attack
<b>Out of possession</b> Defend the goal Defend the space	<b>Out of possession</b> Defend the goal Defend the space	<b>Out of possession</b> Defend the goal Defend the space
<b>Fundamental Movement</b>	<b>Fundamental Movement</b>	<b>Fundamental Movement</b>
<b>Skills</b> Jumping Catching Game Strength Bounding	<b>Skills</b> Jumping Catching Game Strength Bounding	<b>Skills</b> Jumping Catching Game Strength Bounding

## MESO CYCLE

### IN POSSESSION

Topic	Type	Technique/Tactical	Physical	Psychological	Social
Dealing with crosses	<b>Type of Save:</b> Catch/Punch/Deflect <b>Type of cross:</b> In-swinging Out swinging Floated High driven Low driven Near post Far post	Starting position in relation to the ball Assessment of the flight of the ball Decision to come or not <b>If coming:</b> Communication: Keepers Timing/Speed of movement Technique to use <b>If away:</b> Communication: Away Recovery line	Game Speed Game Strength Agility on/off the ball Work Capacity	Communication Concentration Control Confidence Commitment	Well behaved Good learner Recognize the importance of the team Manage relationships effectively Demonstrate independence
Shot stopping	<b>Type of Save:</b> Catch/Parry/Deflect <b>Type of Shot:</b> Volley Half volley First time Touch to shoot Driven Curling Stationary/moving ball	Movement into line Movement down the line Recognize when to set Decision making on type of save Technique to use Recovery saves?	Game Speed Game Strength Agility on/off the ball Work Capacity	Communication Concentration Control Confidence Commitment	Well behaved Good learner Recognize the importance of the team Manage relationships effectively Demonstrate independence

# GOALKEEPING PROGRAMME

1v1	Diving at Feet Smothering Blocking	Starting position in relation to the ball GK's body stance (front foot) Assessment of the through pass (advance or defend goal) <b>If advance:</b> positive-safety first clear the lines <b>If defending goal:</b> put onus on attacker Make forward movements when ball is out of feet Delay and stay big Force attacker wide <b>Technique of smothering/diving at feet:</b> Lead with the hands bringing bodyweight forward Tuck head behind hands Big Barrier-physical courage	Game Speed Game Strength Agility on/off the ball Work Capacity	Communication Concentration Control Confidence Commitment	Well behaved Good learner Recognize the importance of the team Manage relationships effectively Demonstrate independence
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## OUT OF POSSESSION

Topic	Type	Technique	Physical	Psychological	Tactical
Distribution from hands	<b>Throws:</b> Rolls Javelin Side-arm Over-arm <b>Kicks:</b> Volley Half volley Side volley	<b>Roll:</b> Lower the body, with the arm extended roll the ball, using spare arm/body position as a guide <b>Javelin:</b> Step towards direction of play, making sure chest is open, the ball is thrown from the chest with a flexed elbow that is extended quickly, using spare arm as a guide and to help keep balance. <b>Side arm:</b> Step towards the direction of play, leading with the opposite hand, the ball is thrown at a lower trajectory from the side of the body. <b>Over-arm:</b> step towards the direction of play (wide base), leading with opposite hand using a bowling action the ball is thrown at the peak of extension with the body following through to the target. <b>Volley:</b> The ball is thrown in the air and struck before bouncing, following through towards the target. <b>Half volley:</b> The ball is dropped out of the hands from chest height and struck at the same time as it hits the ground, follow through in the same direction as the target. <b>Side volley:</b> the ball is thrown	Balance Strength Explosive Power Coordination Agility	Type of pass to play <b>Where to play:</b> feet or space <b>Awareness:</b> Players around you Confidence	Position of player receiving Whether to play feet or space Type of pass to play

# GOALKEEPING PROGRAMME

		in front and out of the body, aiming to make contact half way up the ball.			
Distribution from feet	Side foot pass Drill Wedge Drive	<p><b>Side foot pass:</b> Plant standing foot next to the ball (a balls width away), open kicking foot out so contact with the ball is made on the inside of the foot</p> <p><b>Drill:</b> Open the ankle on kicking foot before impact with the ball, connecting with the ball on the laces with head over, but body open get a low trajectory</p> <p><b>Wedge:</b> The body is open towards the target (hips aligned) head comes up as contact is made with the ball in order to achieve the lofted height.</p> <p><b>Drive:</b> The process is the same as the wedge pass, except the distance covered will be further; making sure follow through is in the same direction as the target.</p>	<p><b>Agility</b> <b>Power</b> <b>Balance</b> <b>Strength</b> <b>Coordination</b></p>	<p>Type of pass to play <b>Where to play:</b> feet or space <b>Awareness:</b> Players around you Confidence</p>	<p>Position of player Whether to play feet or space Type of pass to play</p>

Game learning outcomes	
Out of possession	Learning objectives
Defend the goal	<ul style="list-style-type: none"> <li>• Starting possession in relation to the ball/goal/defenders/opposition</li> <li>• GK's body stance (front foot)</li> <li>• Is there pressure on the ball: Could this trigger different types of passes from opposition?</li> <li>• Movement into line with the ball</li> <li>• Communication towards the outfield players</li> <li>• Decision making weather to defend the goal/defend the space</li> <li>• Technique to use when dealing with the situation</li> <li>• Second phase or recovery save?</li> </ul>
Defend the space	
In possession	Learning objectives
Playing out from the back	<ul style="list-style-type: none"> <li>• Awareness of opposition players/state of the game</li> <li>• When to play to feet/when to play to space</li> <li>• Type of pass to play</li> <li>• Is there pressure on the ball? – This will determine the supporting position/angle of support</li> <li>• Communication to support the pass</li> <li>• Weather/pitch conditions</li> </ul>
Counter attack	

# GOALKEEPING PROGRAMME

<b>Key session learning outcomes</b>		
<b>Out of possession</b>	<b>Learning objectives</b>	
	<b>Individual practice</b>	<b>Team practice</b>
Defend the goal	<ul style="list-style-type: none"> <li>• Starting position in relation to the ball/goal</li> <li>• Movement into line with the ball</li> <li>• Assessment of the ball</li> <li>• Decision making on the type of save to make</li> <li>• Technique to use to make the save depending on weather it is a cross/shot/1v1</li> <li>• Recovery save or second phase</li> </ul>	<ul style="list-style-type: none"> <li>• Starting position in relation to the ball/goal/defenders/opposition</li> <li>• GK's body stance (front foot)</li> <li>• Is there pressure on the ball: Could this trigger different types of passes from opposition?</li> <li>• Movement into line with the ball</li> <li>• Communication towards the outfield players</li> <li>• Decision making weather to defend the goal/defend the space</li> <li>• Technique to use when dealing with the situation</li> <li>• Second phase or recovery save?</li> </ul>
Defend the space		
<b>In possession</b>	<b>Learning objectives</b>	
	<b>Individual practice</b>	<b>Team practice</b>
Playing out from the back	<ul style="list-style-type: none"> <li>• Decision on the type of pass to use over the appropriate distance</li> <li>• Speed/weight of pass</li> <li>• Supporting position based on the outcome of the pass</li> </ul>	<ul style="list-style-type: none"> <li>• Awareness of opposition players/state of the game</li> <li>• When to play to feet/when to play to space</li> <li>• Type of pass to play</li> <li>• Is there pressure on the ball? - This will determine the supporting position/angle of support</li> <li>• Communication to support the pass</li> <li>• Weather/pitch conditions</li> </ul>
Counter attacking		

# GOALKEEPING PROGRAMME

## Coaching Guidelines:

- 1) Make each session/drill as game related as possible.
  - Make sure that the goalkeepers' movements are always directly related to the movement and position of the ball.
  - Start the goalkeepers in a set position, force them to move and reset.
- 2) Use multiple skills in each session/drill.
  - Do not just save a shot or cross. Combine it with some sort of distribution.
- 3) Let the players serve the ball.
  - The more repatriation they get at distribution the better.
- 4) Get them as vocal as possible.
  - Have the goalkeepers communicate every time they collect and distribute the ball.
  - Have them use words like; "Time", "Man on", "Turn", "Back if you need me"... etc.
- 5) Try to use multiple objects to focus on, to stimulate the eyes and become more aware.
  - Different color cones, different color bibs, 2 or 3 footballs.
- 6) Set position should be addressed in every session on every drill.
  - Poor habits in training become poor habits in matches.
- 7) Technique, technique, technique!
  - Focus on the technique in every session. Speed and other skills can be added when technique is mastered.
- 8) Ask lots of questions.
  - Find out as much information as you can from the players about the session.
  - Ask "why?" or "how come?" to allow them to figure it out and understand why they do it.

# GOALKEEPING PROGRAMME

## Goalkeeper Communication

### In Possession:

Time	Having time on the ball to make a positive decision
Man on	Our teammate is being marked or closed down by the opposition
Back if you need	Our teammate is in possession and you are supporting him with the option for him to pass the ball back to you
Switch	Our teammate has the ball and we see space on the other side of the pitch for him to play a pass and start an attack
Push up	Getting your back line higher up the pitch
Turn	Player has time on the ball to turn into space
Shift over	The play is moving from one side of the pitch to the other and you are telling your team to shift their positions over with the play
Away	Letting your teammate know to clear the ball. (When you are not coming out for a corner kick)

## GOALKEEPING PROGRAMME

### Out of Possession:

Step out	Getting your team pushing up the pitch fast when the ball is deep in our end (corner kick or free play inside the box) and the ball moves up the pitch.
Hold the 6/penalty spot/18	Telling your defenders to hold an area of the pitch so they don't come too deep in your area
Open up	Telling your player to turn so they see the ball and the player standing behind them. (Seeing ball and man)
Be aware	Telling your defender to just be aware of the player so he knows where he is but he doesn't need to mark him tight.
No turn	Telling your teammate pressing the player on the ball not to allow him to turn.
Press	Telling your teammate to press the player on the ball.
No Shot	Telling your teammate not to allow the opposition to shoot and to close him down
Show down the line/inside	Telling your teammate to show the player on the ball down the line away from the goal or show him inside into another teammate.
Pick Up	Telling your teammate to mark a player that is free
Keepers	When you are coming out to get the ball
Shift over	The play is moving from one side of the pitch to the other and you are telling your team to shift their positions over with the play
Drop	Telling your teammates to drop back towards you so you don't get caught outnumbered